

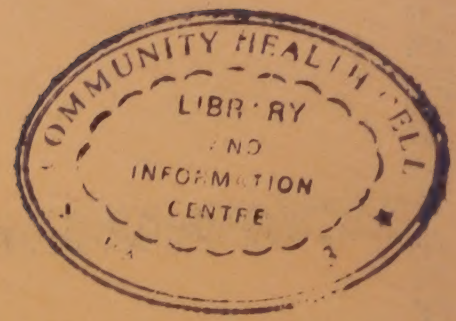
KEEP THE WATER CLEAN WATER HYGIENE WORKBOOK



**For upper primary and
junior secondary schools**

11407

CPHE - C





WATER HYGIENE CAMPAIGN BOTSWANA 1985

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**THE WATER HYGIENE WORKBOOK HAS BEEN PREPARED BY
THE WATER HYGIENE CAMPAIGN UNDER THE AUSPICES OF
THE MINISTRY OF MINERAL RESOURCES AND WATER
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Botswana 1985

TO THE TEACHER

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GUIDE FOR USING THE WORKBOOK:

Ask the children to read the GUIDE to the beginning of the chapter and the reading paragraph. Be sure that they understand all the words and ideas before they continue with the activities.

Divide the children into groups of 5 - 7 children.

Give them the material needed for the activities.

Ask them to do the activities in the workbook as in the book.

When they have finished the activities of each chapter, help them to put up the big pictures of water and hygiene on the wall of the classroom.

MATERIAL NEEDED:

Set of Pictures
Big sheets of paper, pens, crayons, scissors, glue

TO THE TEACHER

The WATER HYGIENE WORKBOOK has been written for the Primary Schools. Doing all the activities in the WORKBOOK the schoolchildren will learn more about water in Botswana, in the village and at home. They will learn how to handle and store water in a clean way. Hopefully they will spread their new knowledge to their families.

The WATER HYGIENE WORKBOOK has been prepared by the WATER HYGIENE CAMPAIGN. The campaign wants to show people how to handle and store water in a clean way. It also wants to encourage people to use more water for personal cleanliness. If we drink clean water and use more water for washing, we will become healthier.

Use the WORKBOOK together with the WATER HYGIENE HANDBOOK that has been written for teachers and community workers. There you will learn more about water and hygiene. You will also get ideas about how the campaign messages can be spread to others.

GUIDE FOR USING THE WORKBOOK:

Ask the children to read the **GUIDE** in the beginning of the chapter and the reading paragraph. Be sure that they understand all the words and ideas before they continue with the activities.

Divide the children into groups of 5 - 7 students.

Give them the material needed for the activities.

Ask them to do the activities in the same order as in the book.

When they have finished the activities of each chapter, help them to put up the big pictures on water and hygiene on the wall of the classroom.

MATERIAL NEEDED:

Map of Botswana
Big sheets of paper, pens, crayons, scissors, glue.

1. WITHOUT WATER OUR WORLD WOULD BE DEAD

Here we want to find out how important water is for the life of people, plants and animals.

GUIDE

- Read the paragraph about how important water is for life.
- Do the activities.
- When you have finished the activities you will have a big picture - USE OF WATER - on the wall of your classroom. The picture shows different ways in which we use water in the village and in the household.
- Talk about the most important things that water is used for.

WATER IS LIFE

We cannot live without water. A person can live without food for several weeks, but without water for only a few days. More than half of the human body is made up of water.

Water goes out from the body with urine, faeces, sweat, tears and with our breath. We can feel the water in our mouth when we swallow and in our eyes when we cry.

When it is hot or you work hard, water comes out on our skin as sweat. It helps to cool our body. Water that goes out from our bodies has to be put back, otherwise the body will dry out.

We need water to drink. We need water for cooking, washing, and many other things. Animals and plants also need water to live.

● ACTIVITY 1: List all the ways in which we use water

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

● ACTIVITY 2: Use of water - picture

Look at your list of how we use water.

Make drawings of how water is used for different things.

Colour the drawings and cut them out.

Put all your drawings together on a big sheet of paper. Arrange them nicely and glue them on the paper.

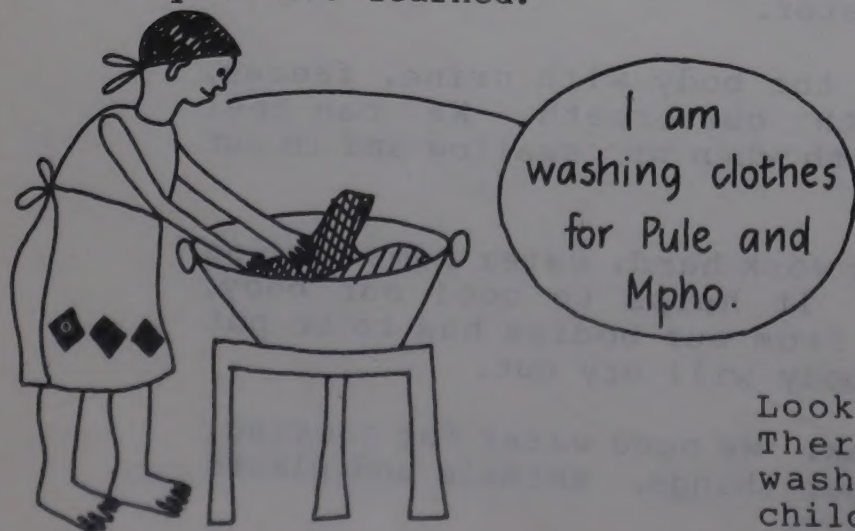
WHAT DO PEOPLE SAY WHEN THEY USE WATER?

Take a piece of paper and write what they say, for example, 'I help my mother with the washing' or 'I always wash my hands after going to the toilet'.

Draw a circle around what you have written.

Cut the circle out and glue it close to the mouth of the person on the chart who says it.

When the picture - USE OF WATER - is ready, put it up on the wall of the classroom. Talk about what you have learned.



Look at this picture. There you see mother washing clothes for her children.

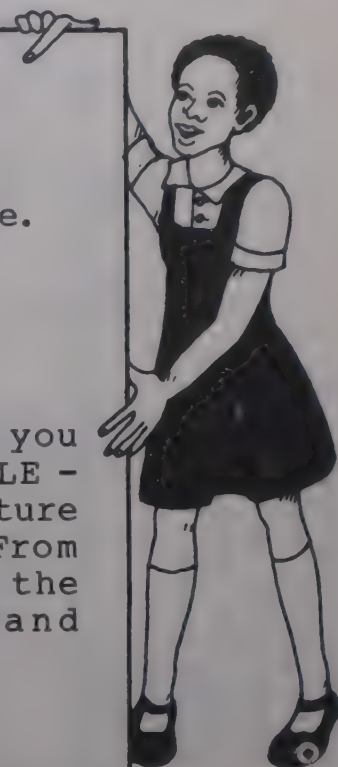
2. WATER GOES ROUND IN NATURE - THE WATER CYCLE

Here we want to find out how water goes round in nature. We will also learn the difference between ground water and surface water.



GUIDE

- Read the paragraph about the water cycle.
- Study the drawing of the water cycle.
- Do the activities.
- When you have finished the activities, you will have a big picture - THE WATER CYCLE - on the wall of your classroom. The picture shows how water goes round in nature. From the picture you will also understand the difference between groundwater and surface water.
- Talk about water in nature.



THE WATER CYCLE

Three-quarters of the earth's surface is covered by water. Moist air from all the water from seas, lakes and rivers rises and forms clouds. A cloud is formed from millions of tiny water drops that stick together. When a cloud blows over the land the moist air in the cloud falls down as rain. Some of the rainwater sinks into the soil and sand and stays under the ground. This water is called ground water.

Some of the rainwater does not sink into the ground, but runs off the land into streams and small rivers. They join together and form big, strong rivers. The big rivers flow back into the sea. This way water goes round in nature. Water in lakes, rivers, dams is called surface water.

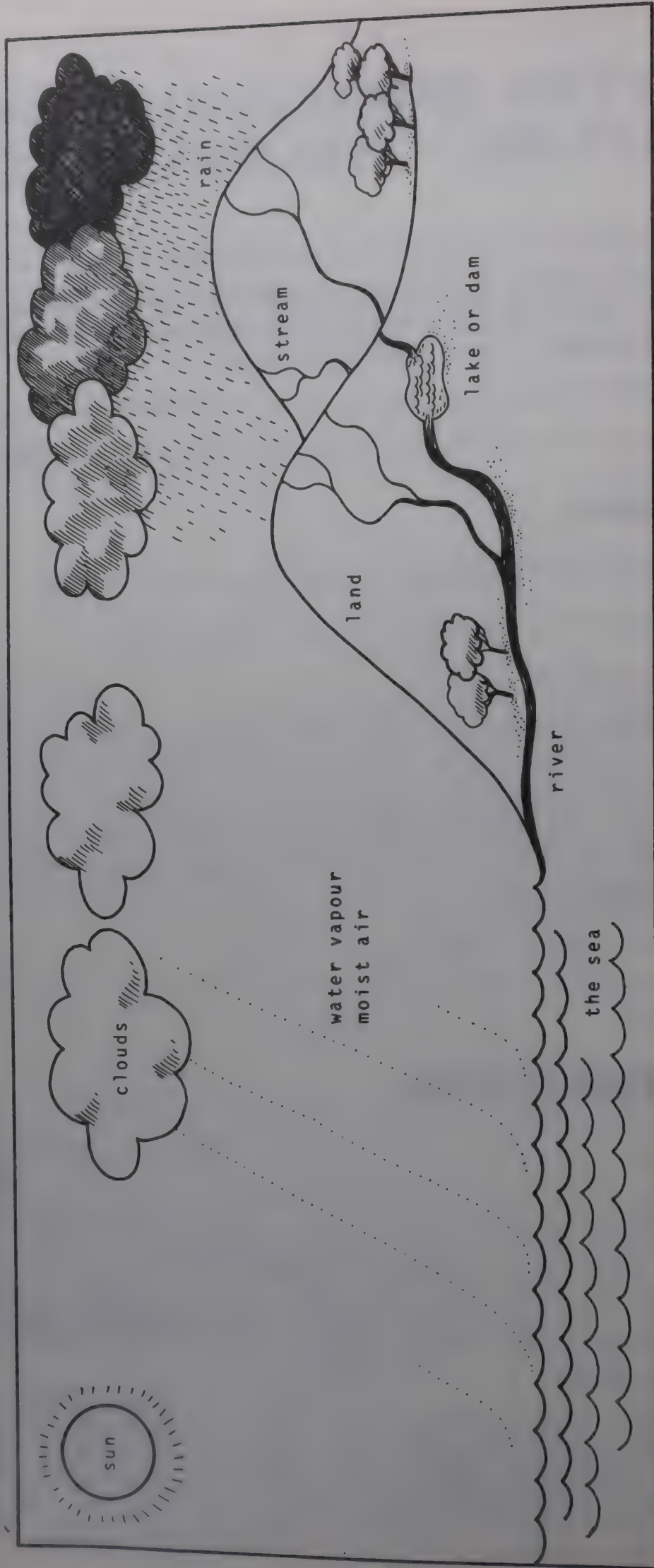
2 Water from the sea and rivers and lakes changes to moist air. it evaporates and becomes water-vapour. It rises into the sky.

1 The sun shines over the sea and over the rivers and lakes.

3 When the water vapour reaches cold air it turns into tiny droplets of water which gather together and form a cloud.

4 The clouds blow over land.

5 The water drops in the cloud get bigger and heavier. When they are very heavy they fall down as rain.



7 The rivers flow out into the sea.

6 The rain fills up the dams and the streams. The streams join together and form big strong rivers.

THE WATER CYCLE

● ACTIVITY 3: The water cycle

Study the drawing of the water cycle and try to work out how water goes round in nature. Follow the numbers with explanations.

Colour the drawing of the water cycle.

Show with arrows how moist air rises from the sea and forms clouds.

Show with arrows how the clouds blow in over the land.

Show with arrows how rain falls from the clouds and sinks down into the ground.

Show with arrows how some of the rain runs off into the river.

Show with arrows how the river runs out into the sea.

Look carefully at the drawing again. Now you can see and understand how water goes round in nature!

● ACTIVITY 4: Water cycle picture

Look again at the drawing of the water cycle.

Chose one person in your group to make a drawing of the water cycle on a big piece of paper.

Let the others in the group make drawings of people, animals, houses, plants and other things on normal size paper.

Colour the drawings, cut them out and glue them on the big drawings of the water cycle.

Show with arrows how water goes round in nature.

When the picture with the water cycle is ready, put it up on the wall of the classroom.

Talk about how water goes round in nature.

3. WATER IN BOTSWANA

Here we want to find out about different water sources in Botswana.

GUIDE

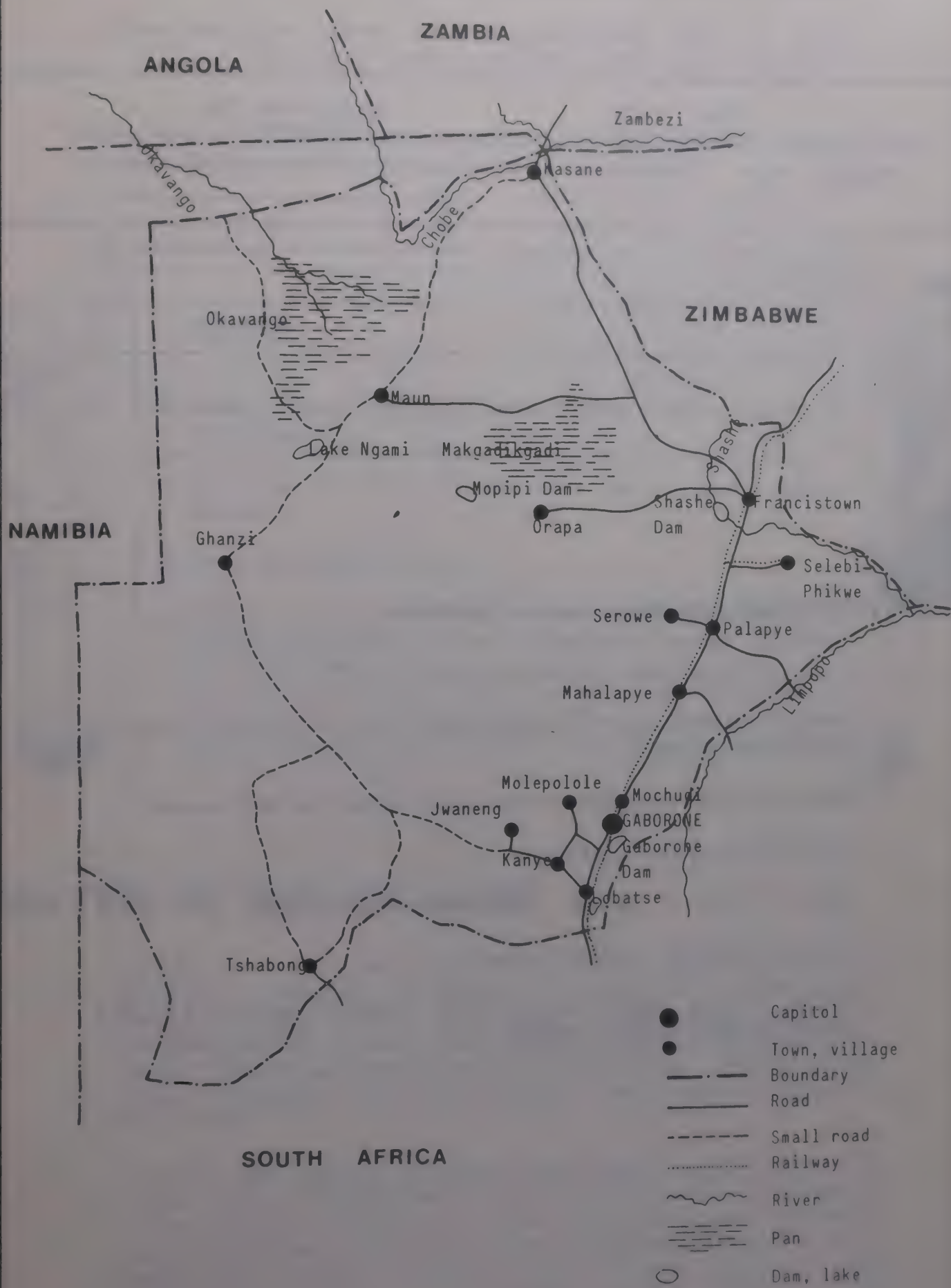
- Read the paragraph about water in Botswana.
- Check yourself - look at your picture of the water cycle.
- What is groundwater?
- What is surface water?
- Do the activities.
- When you have finished the activities, you will have a big picture - WATER IN BOTSWANA - on the wall of your classroom. It will show you the water resources in Botswana. You will also see where in Botswana you find surface water and where you have to use groundwater.

WATER IN BOTSWANA

There is very little rainfall in Botswana and surface water, like rivers, lakes, ponds and dams are very rare. People and animals need water to live and a country needs a lot of water to develop.

Therefore, groundwater is brought to the surface. It provides people, cattle and industry with water. Large quantities of water can be pumped from deep boreholes with strong pumps. Groundwater also comes to the surface in hand-dug wells.

MAP OF BOTSWANA



● ACTIVITY 5: List of water sources in Botswana

Look at your map of Botswana.

List all the different places where you get water from and put them in the correct column:

	WATER FROM UNDERGROUND	WATER FROM THE SURFACE
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____

● ACTIVITY 6: Water in Botswana - picture

Look at the map of Botswana.

Take a big piece of paper and draw a simple map of Botswana on it.

Show on the map the towns and the big villages.

Show your own village.

Paint rivers, lakes, pans and dams blue.

Where are the biggest dams?

Talk about how people in other parts of the country get their water.

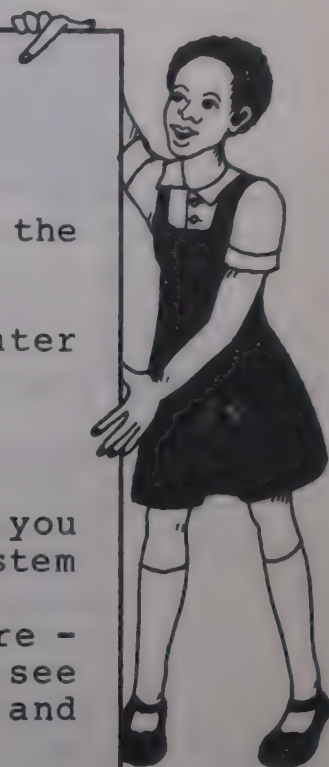
4. WATER IN THE VILLAGE

Here we want to find out about where water comes from in the villages of Botswana and especially our village.



GUIDE

- Read the paragraph below about water in the villages.
- Look at the picture of the piped water system.
- Do the activities.
- When you have finished the activities, you will understand how the piped water system in a village works.
On the wall, you will have a big picture - WATER IN OUR VILLAGE - where you can see where people get water for themselves and their cattle.



WATER IN THE VILLAGE

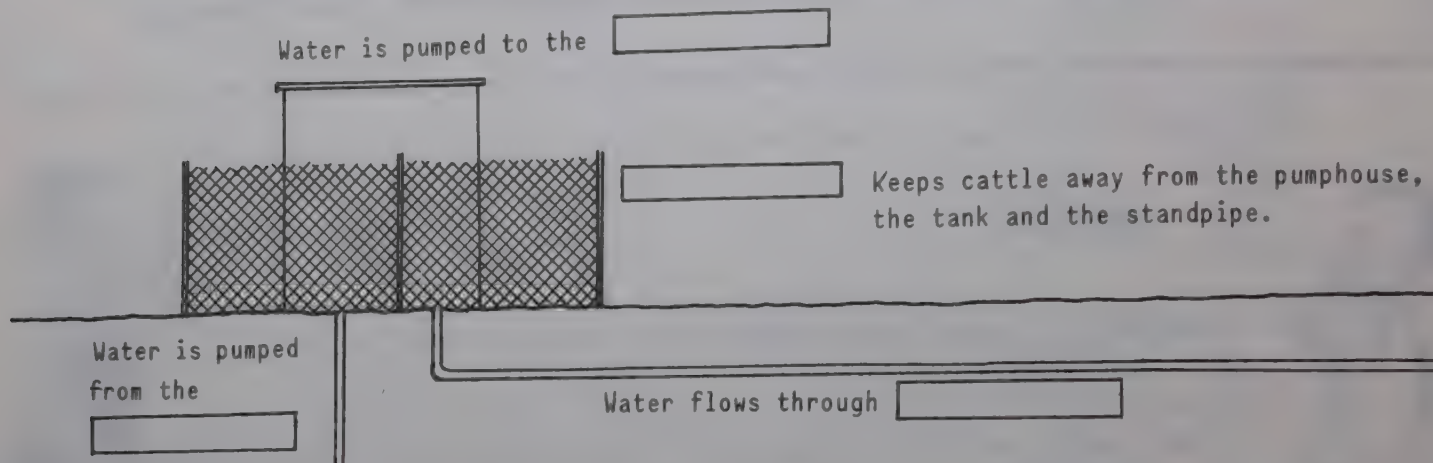
Water in a village can come from many different places - from a borehole, a river or a dam, or a pan or wells. More than half of the population of Botswana gets water from deep underground and this water is clean and good for drinking. Water from other places is often dirty and not good for drinking.

People and cattle should never take water from the same place. The piped water system in a village is only meant for people. Cattle and other animals should be watered in other places. Cattle will make the water dirty when they urinate and defecate close to the place where water comes from.

It is important that we drink clean water. Dirty water can make us ill. Diarrhoea is a disease we can get from drinking dirty water.

The borehole, the tank and the standpipes should be fenced to keep cattle away. It will keep the water clean.

THE PIPED WATER SYSTEM IN A VILLAGE:



● ACTIVITY 7: The water system in a village

Look at the drawing of the piped water system.

It shows how water is pumped from deep underground to a big storage tank. From there, it flows to the standpipes in the village, where people fetch water.

Show with arrows how water is pumped to the tank and then flows to the standpipes.

Here is a list of the names of the different parts of the water system. Write the names in the right boxes on the picture of the water system.

BOREHOLE PIPES STANDPIPE PUMPHOUSE TANK
TAP FENCE LID

● ACTIVITY 8: Water sources in our village

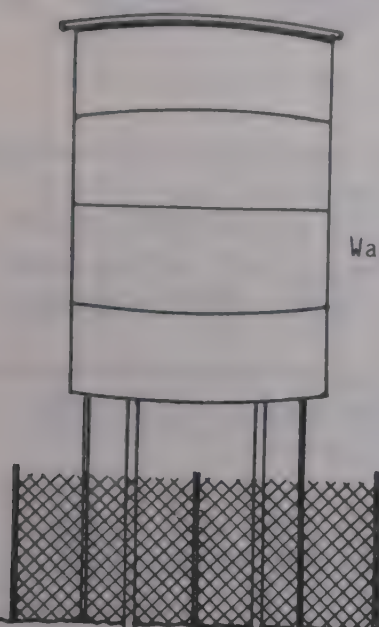
A water source is the place from where you get water.

Make a list of all the water sources in and around your village.

LIST OF WATER SOURCES IN OUR VILLAGE:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |

The tank must be covered with .



Water is stored in a big .

People fetch water at the .



Water runs into
the bucket through
.

WHICH WATER SOURCES ARE USED BY PEOPLE AND WHICH BY CATTLE?

Look at your list of water sources.

Put a 'P' after water sources used by people.

Put a 'C' after water sources used by cattle.

Are some water sources used by both people and cattle?

Why should people not take water from the same place as cattle?

● ACTIVITY 9: A visit to the borehole

If your village has a water system - talk with the pumper and ask him to take you to the borehole and the tank. He can explain how the water system works.

Write a story about the visit to the borehole and draw a picture of it.

● ACTIVITY 10: Water in our village - picture

Draw a simple map of your village on a big sheet of paper. Show where the school, the clinic, the shops and the kgotla are.

Look at your list of water sources in your village.

Show on the map where people take water and where cattle drink.

Show with a 'P' or 'C' on the map where people take water and cattle are watered.

Make a drawing of people fetching and carrying water and cattle and other animals drinking water.

Colour the drawings, cut them out and glue them on the big sheet of paper.

Look at your picture and talk about where people get water in your village.



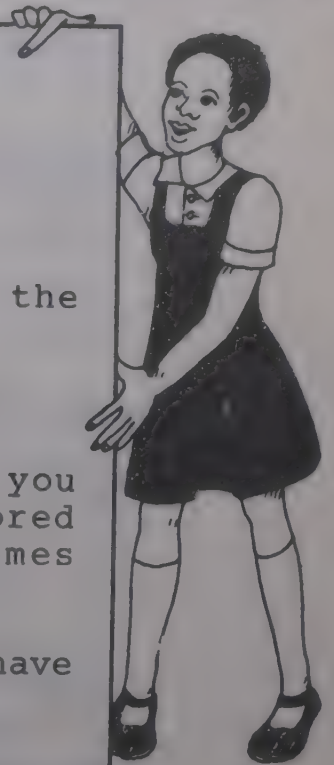
5. WATER AT HOME

Here we want to find out how water is handled and stored in the home. We will also talk about how water is used.



GUIDE

- Read the paragraph below on water in the home.
- Do the activities.
- When you have finished the activities you will know how water is handled and stored in your own home, as well as in the homes of your fellow students.
- On the wall of your classroom you will have a big picture - WATER AT HOME.



WATER AT HOME

A family uses many buckets of water every day for drinking, cooking, washing and other things.

Some people have to walk very far for water. In villages with piped water people usually do not walk very far for water. Therefore, people in villages with piped water use more water than people in villages where they take water from a dam or wells.

Of course, it is important that we do not waste water. But it is also important that we use enough water for drinking and enough water to keep ourselves, our home and the place around our home clean. If we do not keep ourselves clean, we may get ill.

Water can be fetched and stored in different kinds of containers. Often water is fetched in a bucket and stored in a bigger bucket or drum.

It is important that all buckets and containers for water are clean. They must also be covered so that dust and dirt cannot get into the water.

If we drink dirty water, we may get ill.

● **ACTIVITY 11: How is water used at home ?**

Look again at the big picture on the wall - WATER IN OUR VILLAGE.

Think of how you and your family get water, what kind of buckets and containers you use and how water is stored.

Make a list of all the ways water is used in your home.

IN OUR HOME WE USE WATER FOR:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

● **ACTIVITY 12: Water at home - picture**

Draw pictures of you and your family using water in different ways.

Colour the pictures and cut them out.

Glue them on a big sheet of paper and put it up on the wall.

Look at the picture and talk about how water is used at your home.

Example



My mother washes the baby Pule.

My brother is drinking water.

● **ACTIVITY 13: List of buckets and containers for water**

We use different kinds of containers for fetching and storing water. Make a list of containers used for fetching and storing water in your home.

WHEN WE FETCH WATER WE USE:

WHEN WE STORE WATER WE USE:

● **ACTIVITY 14: Drawing of buckets and containers for water**

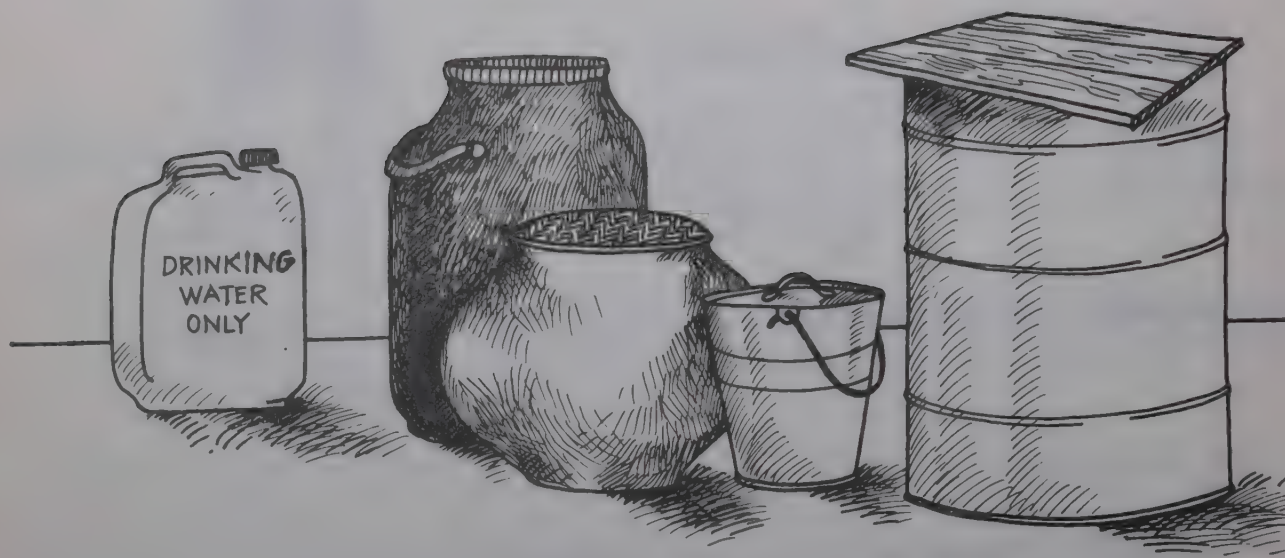
Make a drawing of different kinds of buckets and containers.

Look at your drawing of buckets and storage containers for water.

Are the containers covered? If the containers are not covered dust and dirt will get into the water and make it dirty.

Put lids on all the containers on the drawing.

We should store our water in covered buckets or containers with lids:



● **ACTIVITY 15: Cover the containers at home .**

Go home and find out if the water containers are covered in your home.

If not, talk with your parents and explain that water has to be covered, otherwise it will get dirty.

Cover the water containers at home.

A clean piece of board or a cloth can be used as a lid.

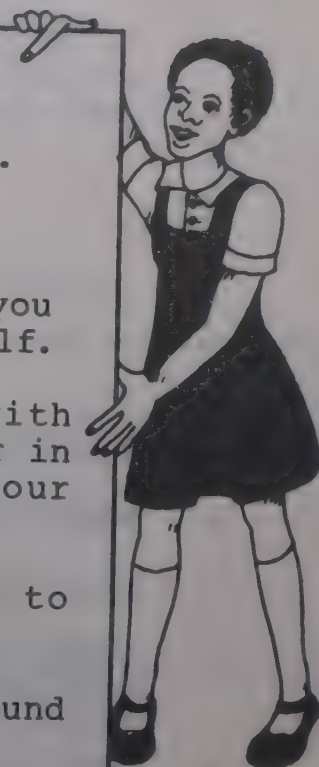
It is important that the lid is kept on all the time.

6. KEEP WATER CLEAN

Here we want to find out how clean standpipe water can become dirty on the way from the standpipe to the mouth.

GUIDE

- Read the paragraph below on clean water.
- Do the activities.
- When you have finished the activities you will handle water in a clean way yourself.
- Make a picture - KEEP WATER CLEAN - with the rules for handling and storing water in a clean way. Take it home and show your family.
- Teach your brothers and sisters how to handle water in a clean way.
- Put up - KEEP WATER CLEAN - posters around the village.



DRINK CLEAN WATER

It is very important to drink clean water, because dirty water can make you ill. Water from the standpipe is clean and safe for drinking. Clean water from the standpipe must always be handled and stored in such a way that it does not get dirty.

Water gets dirty if you fetch it with dirty hands or put your hands into the water. Water also gets dirty if you fetch and store water in dirty buckets and containers or use a dirty dipper to get water out of the container.

Dirty water can make you ill. Therefore water must always be fetched and stored in clean buckets and containers. The storage containers should always be covered. A clean dipper must be used to take water out of the container.

NEVER PUT YOUR HANDS INTO THE DRINKING WATER.

The best way to store drinking water is in a special container only for drinking water. See the picture on page 18.

The container for drinking water should have a small opening. Then it is not possible to put hands or dipper into the water. Water should be taken out of the container by tilting it.

A big plastic container from the shop, a well-cleaned oil can or even a big squash bottle can be used for the storage of drinking water.

IMPORTANT RULES FOR KEEPING WATER CLEAN AT HOME:

1. WASH YOUR HANDS BEFORE FETCHING WATER.
2. WASH YOUR BUCKET BEFORE FETCHING WATER.
3. WASH THE STORAGE CONTAINER BEFORE EACH NEW FILLING.
4. KEEP THE CONTAINER COVERED.
5. USE A CLEAN DIPPER TO GET WATER OUT OF THE CONTAINER.
6. NEVER TOUCH DRINKING WATER WITH YOUR HANDS.
7. STORE DRINKING WATER IN A SEPARATE CONTAINER.

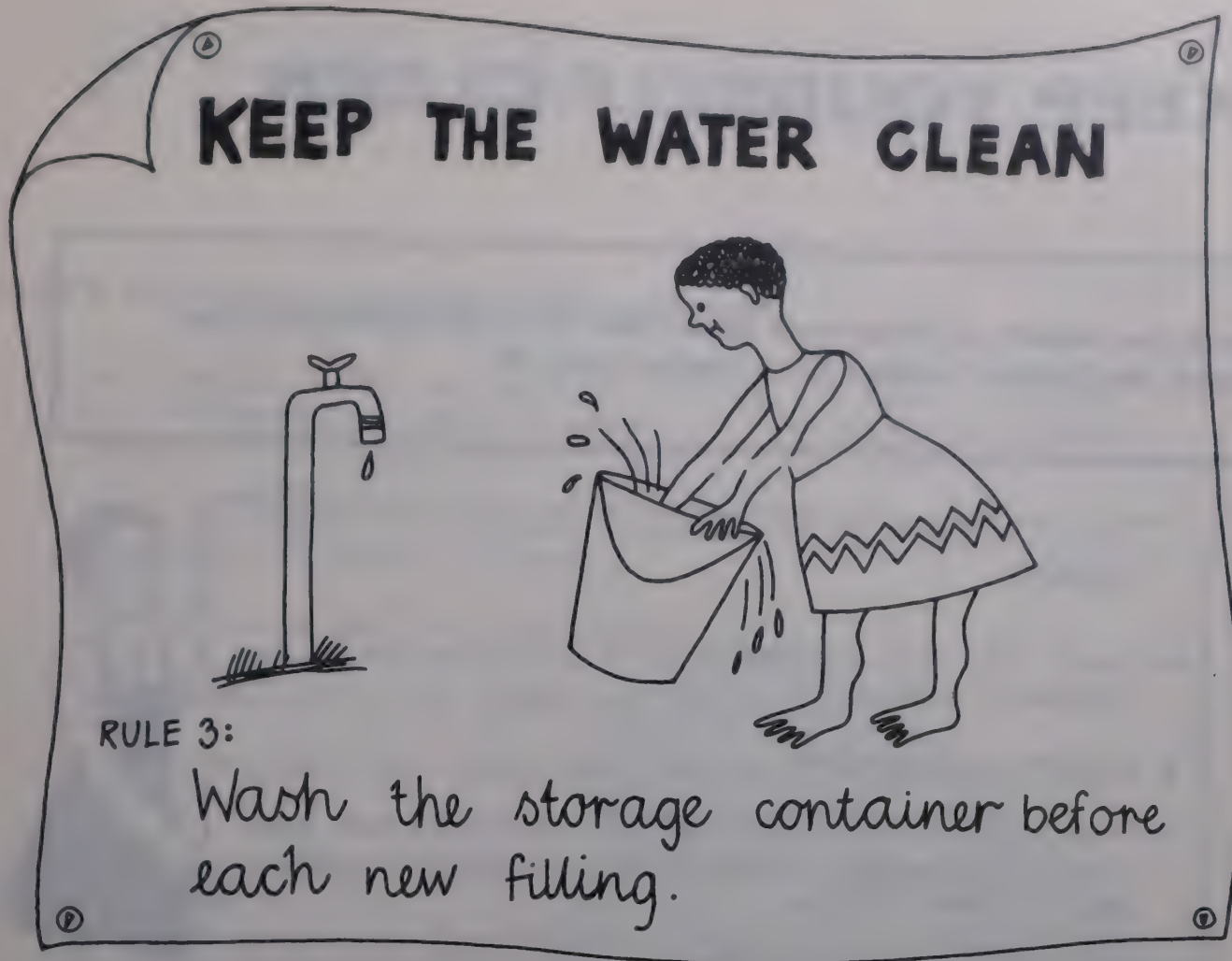
ACTIVITY 16: Keep water clean - picture

Make a picture of each of the rules for keeping water clean.

Write the rule with big letters on the drawing.

Put all the 7 rules together to a big chart and put it on the wall of your classroom.

Make KEEP THE WATER CLEAN pictures and take them home and show your family.



ACTIVITY 17: Keep water clean - poster

A poster is a big sheet of paper with a drawing showing an activity and a heading in bold letters. The purpose of a poster is to teach other people something. In this case, it is to keep water clean at home.

Make many posters and put them up in your home and around the village and at school.

Arrange a poster competition in your class or school.

See who makes the best 'KEEP THE WATER CLEAN' poster.

ACTIVITY 18: Sing a song - "Keep the water clean"

A song can help you to teach others about how important it is to keep water clean at home.

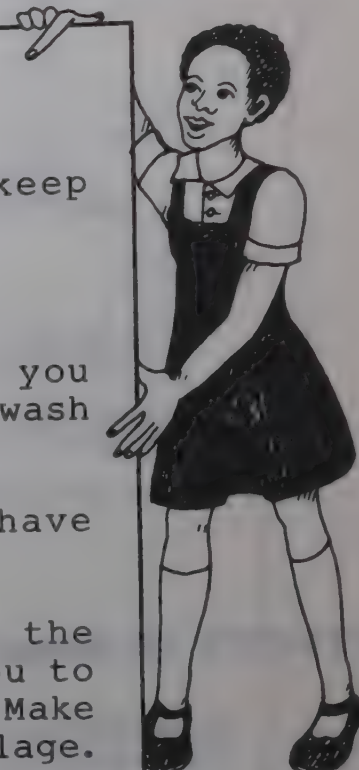
Compose a song and ask if you may sing it at a kgotla meeting, at a meeting with the Village Development Committee or Village Health Committee or when your parents meet at school.

7. KEEP YOURSELF CLEAN

Here we want to find out how dirt in and around your home and dirty water can make you ill.

GUIDE

- Read the paragraph below on how to keep yourself clean.
- Do the activities.
- When you have finished the activities you should be able to encourage people to wash hands more often.
- Do not forget to practise what you have learnt at home and in the school.
- The 'KEEP YOURSELF CLEAN' picture on the wall in your classroom will remind you to wash your hands many times every day. Make POSTERS and put them up around the village.



KEEP YOURSELF CLEAN

If you want to stay healthy you must drink clean water and eat clean food. You must also keep yourself and your surroundings clean. Wash your hands with soap (or ashes) many times each day. It is especially important that you wash your hands after going to the toilet, or bush, and before you eat and handle food.

If you do not wash your hands after going to the toilet small pieces of faeces (which you cannot see) may stick to your fingers. When you eat without washing your hands first, small pieces of faeces may get into your mouth. This can make you ill. You can also spread disease to other people this way.

In order to keep healthy, you must wash your hands many times every day and your clothes and blankets

often. Help your younger brothers and sisters to wash their hands and bodies. And remember - the best example is yourself. Do as you tell others!

ACTIVITY 19: Keep yourself clean - picture

Talk about keeping yourself clean in small groups of 5-6 people. Which parts of the body are most important to keep clean? Why?

Make drawings of people washing their hands, body, clothes and other things.

Colour them and cut them out.

Glue them on a big piece of paper.

Write rules for keeping yourself clean on the picture.

Put the picture on the wall of the classroom.

Write a poem on how nice it is to be clean and healthy.

ACTIVITY 20: Organise a "Wash your hands" - week in your school.

Ask the nurse or the Family Welfare Educator to come to you class and talk about how important clean hands are for your family.

Ask the headmaster if the school can buy SOAP for handwashing. If soap is not available, ashes from the fire can be used.

Wash your hands every time you have been to the toilet and before you eat. Help the younger children and explain to them why clean hands are so important.

ACTIVITY 21: Wash your hands - poster

Make pictures encouraging people to wash their hands with soap (or ashes).

Put them up as posters around the village.

ACTIVITY 22: Handwashing in your family

Show your mother the drawing with an arrangement for hand washing.

Do you have a special place for handwashing at home?

Do you usually use soap for washing? Or ashes?

How can you help to arrange a place for washing hands in your home?







